



CENTRE FOR AUTISM
MIDDLETOWN

What do positive relationships and negative relationships feel like?

Positive relationship



I feel comfortable telling them things about myself

I feel calm and happy when I am around them

I can be myself

They make me smile

I feel safe in their company

They don't listen to what I have to say

They give me praise

They don't respect me

They value my ideas and opinions

I look forward to being in their company

I know that I am loved

I feel respected

Negative relationship



I feel sad sometimes when I am with them

I don't feel important enough to them

They talk negatively about others

They always make fun of me

I don't look forward to being around them anymore

I feel uncomfortable around them

They don't take NO for an answer